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**Acupuncture plus moving cupping therapy for Insomnia in cardiovascular diseases: A systematic review and meta-analysis**

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**Background:** Insomnia is a very common health issue among populations of cardiovascular diseases. Moving Cupping Therapy is a kind of TCM external therapies widely used to treat insomnia and it could increase the effectiveness of acupuncture.

**Objective:** The purpose of this review is to assess the effectiveness and safety of Acupuncture and moving cupping combined therapy for patients with Insomnia in cardiovascular diseases.

**Methods:** We searched the following databases: MEDLINE, EMBASE, the Cochrane Library, China National Knowledge Infrastructure (CNKI), Wan Fang database, and the Chinese Scientific Journal Database (VIP). Parallel randomized controlled trials on acupuncture plus moving cupping therapy for insomnia were included. A meta-analysis was conducted following the recommendations in the Cochrane Handbook of Systematic Reviews of Interventions.

**Results:** We included 11 trials involving 866 patients. The quality of the included studies was generally poor. The results of the meta-analysis showed that the effective rate after treatment of

manual acupuncture plus moving cupping was higher than that after western medicine treatment only and manual acupuncture only. On the other hand, one trial reported manual acupuncture plus moving cupping was superior to western medicine in improving the PSQI scores. Another trial favored manual acupuncture plus moving cupping over manual acupuncture alone also in improving the PSQI scores.

**Conclusions:** There appears to be some benefit from the use of manual acupuncture plus moving cupping. However, due to poor methodological quality, we could not draw confirmative conclusions regarding the beneficial effect of using manual acupuncture plus moving cupping.

**Speaker Biography**

Guang Chen, from Beijing University of Chinese Medicine and China Academy of Chinese Medical Sciences. His research mainly focus on the R&D of Chinese herbal medicine in treatment of cardiovascular diseases, genetic and epigenetic mechanism of Chinese herbal medicine and cell targeting Aptamers for Nanotheranostics using Cell-SELEX.

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